

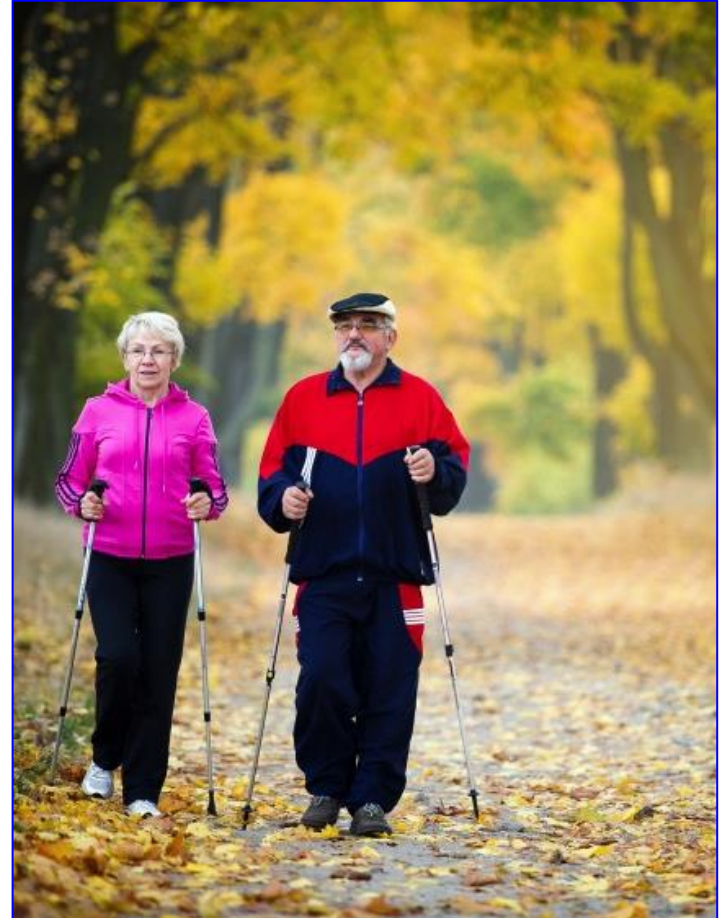


Parks and Public Health

Deborah A. Cohen, MD,MPH
RAND Corporation

Physical activity is critical for health

- **Physical inactivity is a huge problem in the United States**
- Risk factor for
 - heart disease
 - diabetes
 - osteoporosis
 - cancer
 - hypertension
 - depression
 - premature death
- Meeting the physical activity guidelines helps people live more years in better health
- Reduces the risk of death by 28%*



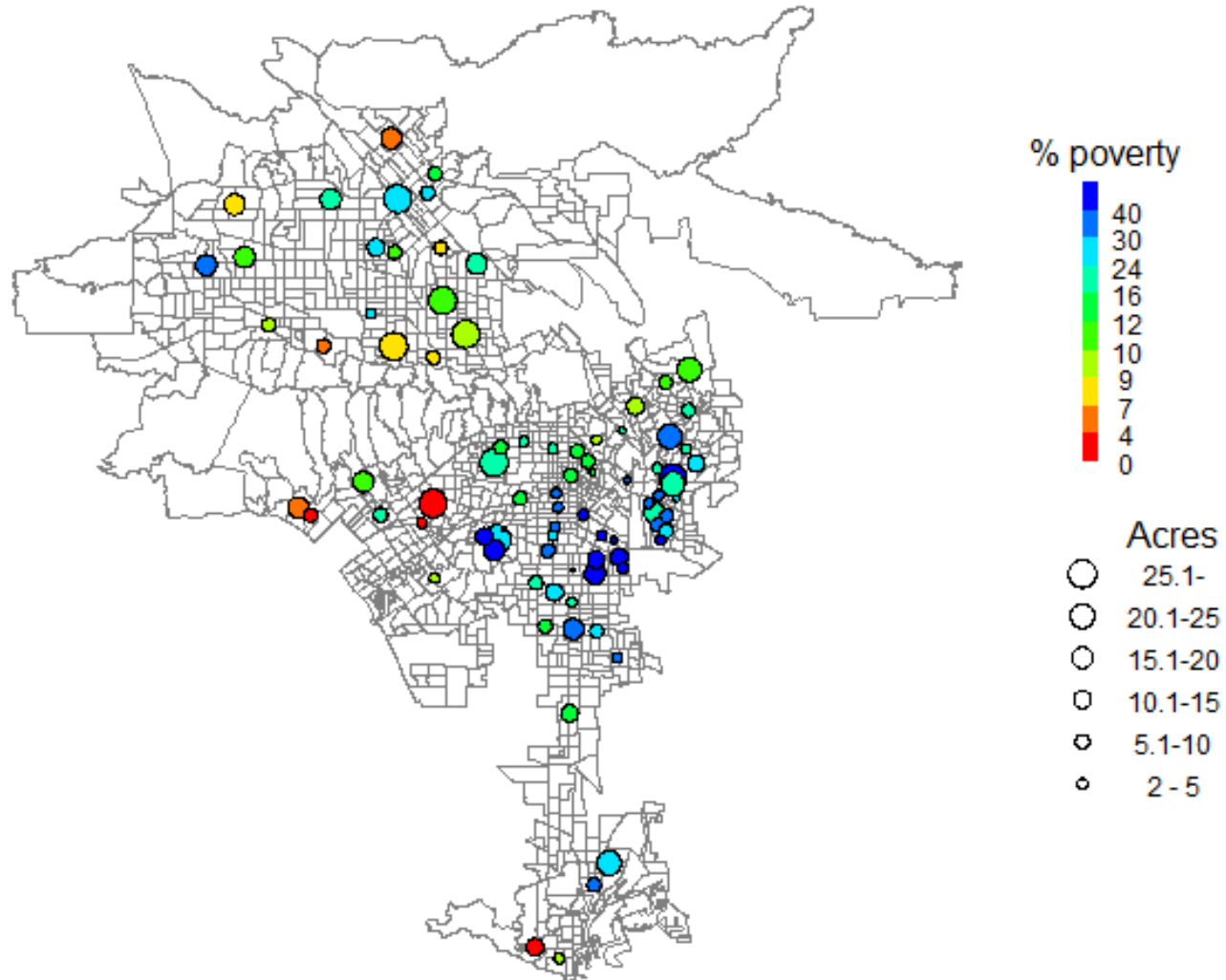
*Lee et al., 2012

Parks and Physical Activity

- People (especially children) are more active outdoors
- People are more active on days they visit parks
- Parks are a destination for walking and other types of recreation



83 Parks Studied in Los Angeles (2003-2015)



The National Study of Neighborhood Parks

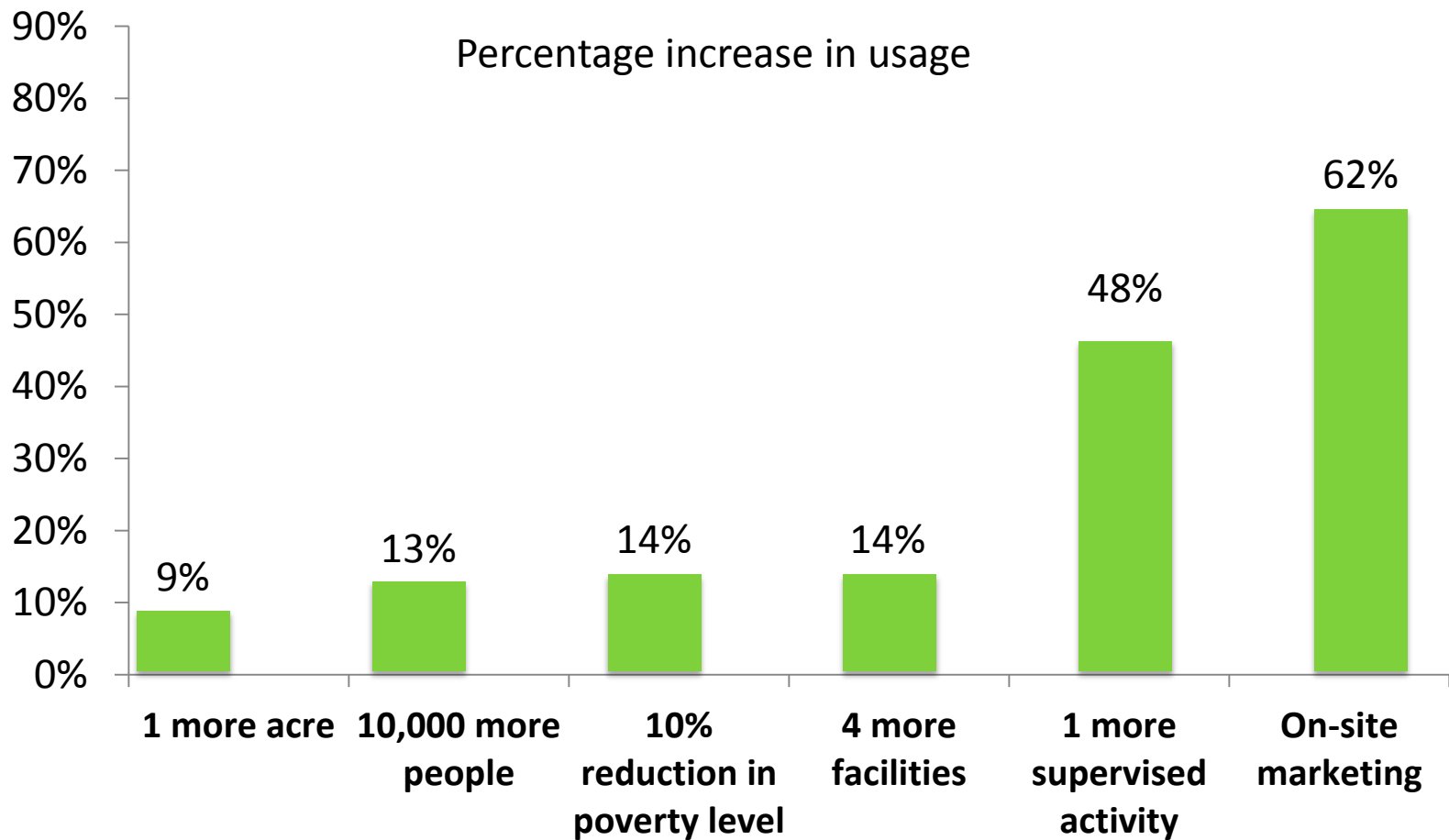
(25 Cities, 174 Parks)



Example of mapped park



Associations with increased park use



Who Uses Neighborhood Parks?

- Children and teens are more likely to use parks than adults and seniors
- Males use parks more than females: 63% to 37%
- Park facilities may determine who visits:
 - E.g. Parks with walking loops had twice as many seniors as parks without them.

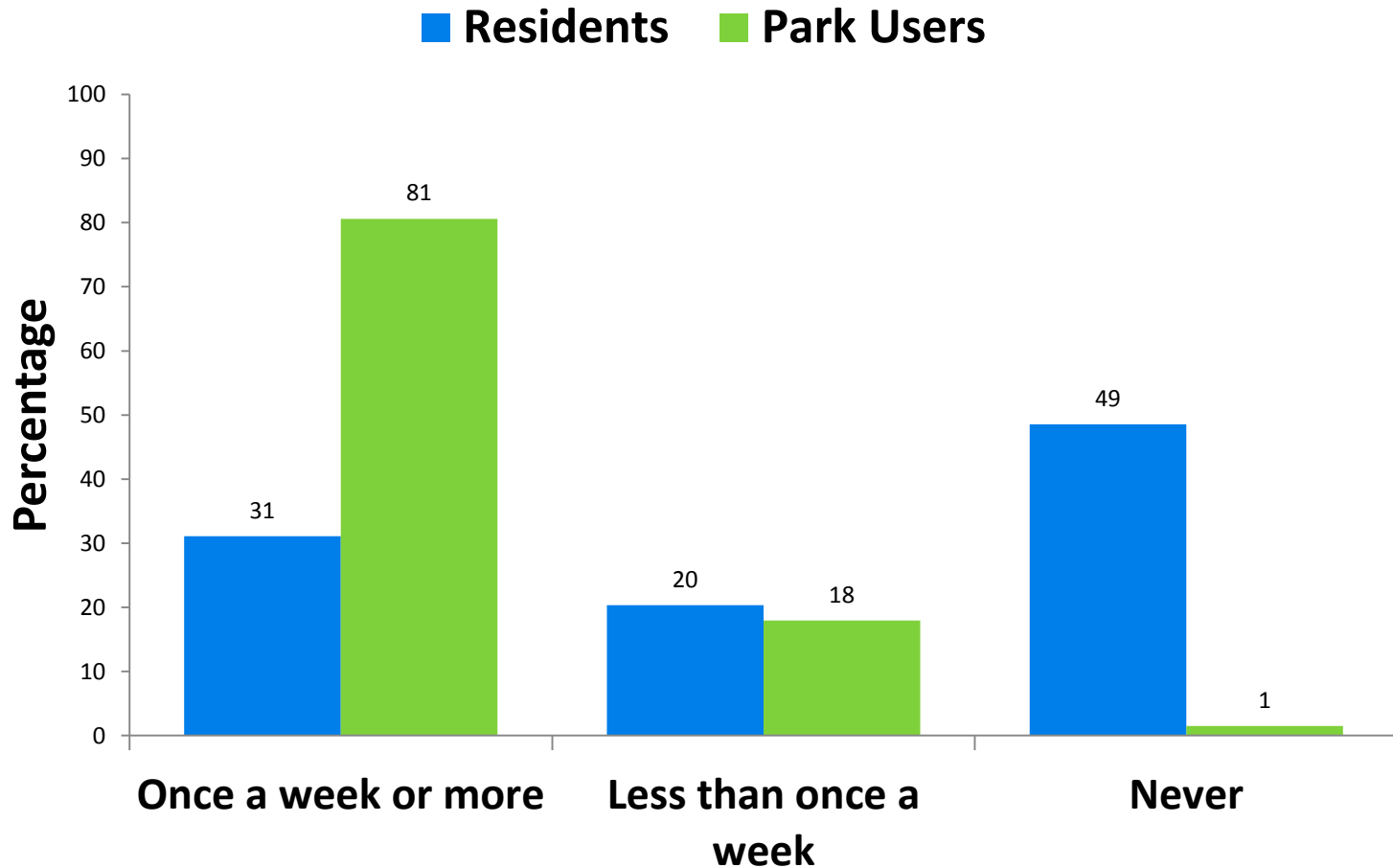


Surveys of Park Users and Residents

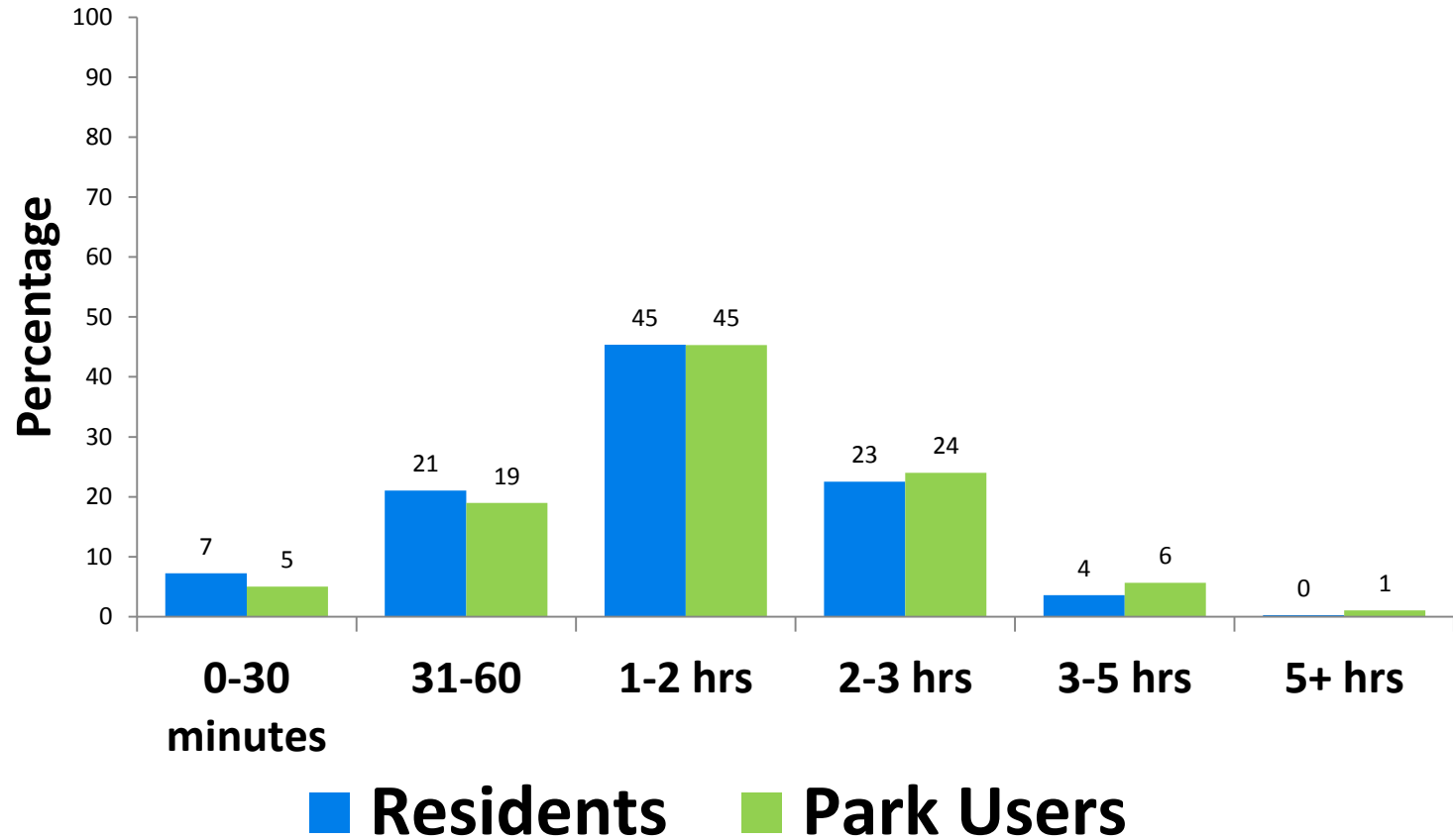
- We surveyed about 28,000 adults in Los Angeles
 - How often do they use parks?
 - How long do they stay?
 - Where do they usually exercise?



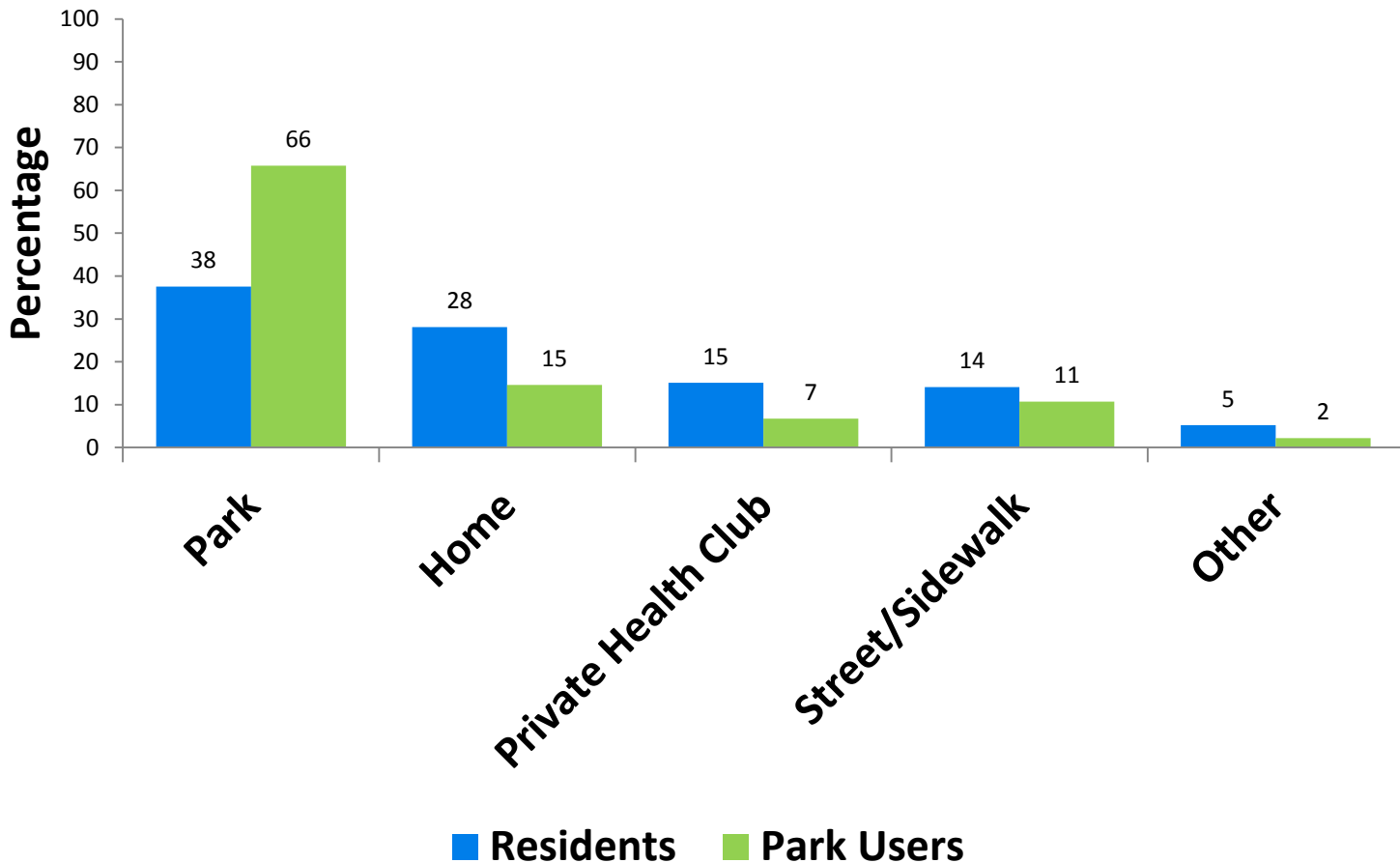
<1/3 of residents and >80% of park users visit their local parks once a week or more



Most stay 1-2 hours or more in the park

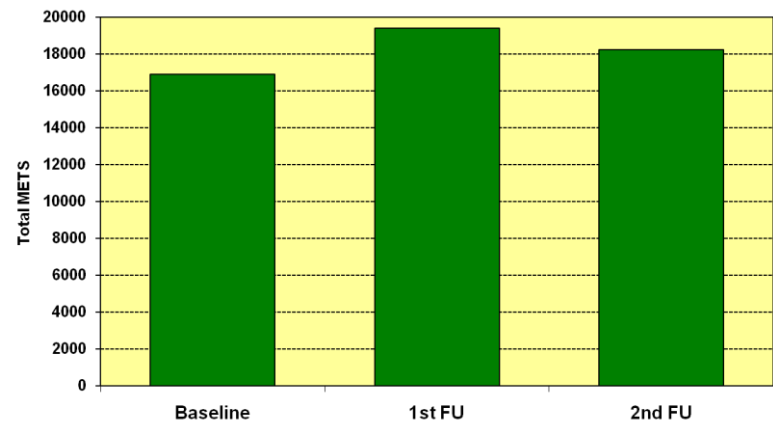


Parks are the most common place for exercise

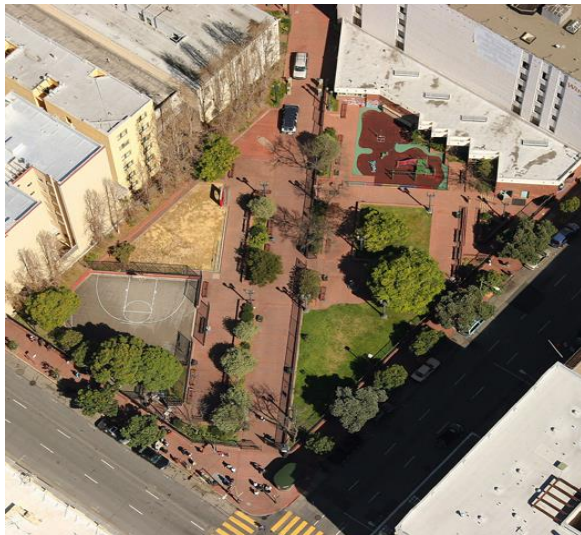


New Fitness Zones, Los Angeles

Showed increases in energy expenditure in the park



6-fold increase in use after park renovation (2 parks in San Francisco)



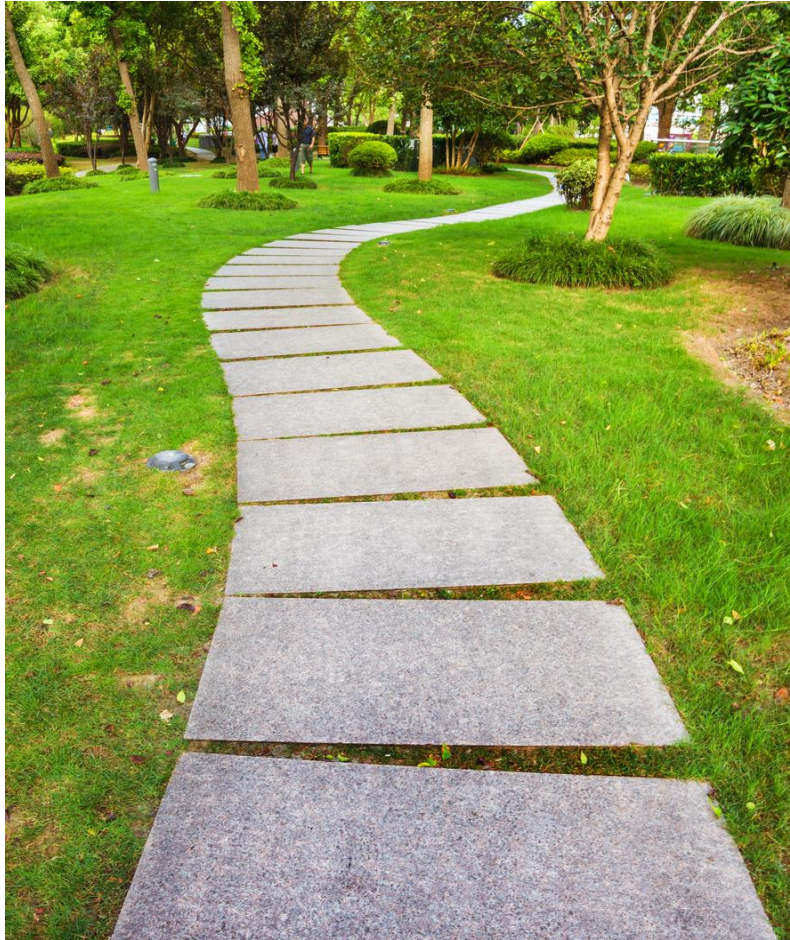
Per Capita Expenditures on Parks

	Spending per capita FY2016	% of population living within 1/2 mile of a park	Acres of land per 1000 residents	Employees per 10,000 pop*
Los Angeles	\$94	55%	9.9	3.5
San Francisco	\$241	99%	6.7	8.8
Oakland	\$137	85%	14.7	5.9
San Diego	\$118	77%	32.9	5.4
Sacramento	\$135	78%	11.5	5.2
New York City	\$205	97%	4.7	5.9
Chicago	\$173	92%	4.6	9.9
Portland	\$172	85%	23.4	6.7
Seattle	\$281	93%	9.9	12.4

Park Resources and Assets, Selected U.S. Cities

NOTE: *From 2015 City Park Facts, TPL

Research supports investing more in parks and recreation facilities and programming



- People are more active when they visit parks
- We need more parks
- Parks need more facilities
- Park improvements could address disparities in park use.